

MESSAGE FOR LENT

We talk a lot about repentance at Lent. That's because Jesus did too – that's how his ministry began. Ultimately, Jesus opens minds to experience “full-on” Repentance - that is Metanoia - a Mind-Shifting, Heart-Changing, Life-Transforming journey of faith to come to know the path to Salvation.

3/13 - SECOND SUNDAY OF LENT SCRIPTURE

- **First Reading** - GN 15:5-12, 17-18
- **Second Reading** - PHIL 3:17-4:1
- **Gospel** - LK 9:28b-36

OPENING PRAYER

Good and gracious God, in today's readings you give Abraham, Peter, James and John a glimpse of your awesome nature. Open our minds and hearts to the Word you want us to hear and act upon as we gather together to pray and share your Word. This we pray through Christ our Lord. Amen.

GET YOUR CANDLES OUT – AND WATCH ‘METANOIA’

We invite you to watch “Metanoia” produced by Fr. Dave Pivonka, TOR, president of the acclaimed Franciscan University in Steubenville. The series need not be viewed in sequence.

Why did Jesus pray? Why should we pray? When should we pray?
Metanoia - Episode 5 / Prayer.
<https://thewildgooseisloose.com/metanoia> (Sign in to create a free account)



SECOND SUNDAY OF LENT: GOSPEL OF LUKE

Jesus took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem.

Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory and the two men standing with him. As they were about to part from him, Peter said to Jesus, “Master, it is good that we are here; let us make three tents, one for you, one for Moses, and one for Elijah.” But he did not know what he was saying.

While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, “This is my chosen Son; listen to him.” After the voice had spoken, Jesus was found alone. They fell silent and did not at that time tell anyone what they had seen.

SCRIPTURE MESSAGE REFLECTION

In last week's Gospel, we followed Jesus into the desert where He fasted and prayed. This week, He leads us up a mountain to witness His Transfiguration. Why both experiences? He is preparing us to go with Him to a hilltop where He will lay down His life for us — and finally to a cave where He triumphed over sin and death once and for all.

Jesus perfectly understands our humanity. He knows we need desert experiences — times of self-denial and testing — to arrive at mountain-top moments when we see and feel His glorious presence in our lives. Experiences such as these can open our minds and our hearts – producing “metanoia” moments that can set us on the path of salvation.

Sometimes on a spiritual journey we can have experiences of divine presence that we don't understand – like the apostles. Those experiences may not be as dramatic as that day. It may be a felt sense of peace, a prayer answered, or an insight that we recognize as not coming from ourselves...yet we are changed and want to know more.

When we intentionally set aside time for prayer, God will give us exactly the wisdom we need to face what comes later in the day. In this way, we train ourselves, or more precisely, we allow Him to train us to say “Yes” to His will. In so doing we, too, become “transfigured.”

SECOND WEEK OF LENT DISCUSSION

PERSPECTIVES ON PRAYER

Jesus goes with his inner circle to pray. On the mountain, God's presence is revealed to him in a very powerful way - a mystical experience. Last week, we discussed roaming the desert. This week we go up the mountain – where we gaze up, and God the Father looks down lovingly at us.

- Have you ever noticed how different the view is up high vs. down low? Are you moved by how much more you can see? Or perhaps, in another way by how far you have come? Is the journey too hard? Perhaps share a time and place when you felt especially close to God.

NEGOTIATING LIFE

In the second reading, Paul says that some people “conduct themselves as enemies of the Cross” (they don't want to deal with the tough stuff).

- How easy or hard is it for you to negotiate the tough challenges of life, e.g., loss, aging, work, school, relational conflicts, etc.? What helps you to face and deal with life's tough challenges – and stay on or turn back to – the right path?

TALKING VS. LISTENING TO GOD

Last week we reflected upon talking to God. This week, the three apostles are told to listen to Jesus.

- How do you go about “listening” to Jesus? Are there times you don't want to?

WHY DOES JESUS PRAY?

From the video supplement “Metanoia, Episode 5”, or in general, reflect upon this question: Q: Why does Jesus pray? A: The 3 reasons are

CLOSING PRAYER

Meditate on the Fourth Luminous Mystery – The Transfiguration

As you do, consider the place you are now, and the places you want to go this Lent ... through the desert, to start up the mountain. Where is Jesus calling you to pray? What “metanoia” hopes do you want to share with God....

“And as He was praying, the appearance of His countenance was altered and His raiment become dazzling white. And a voice came out of the cloud saying, ‘This is My Son, My chosen; listen to Him!’ ” (Luke 9:29, 35)

- Pray for the needs of your small group.
- And pray that all will behold the transfigured Jesus on the last day.

LIVING THE GOSPEL

START OR RENEW A RITUAL OF PRAYER

Q: How should we pray?

A: The answer: Each in our own way, but any way you do it – just do it, every day.

We are a people of ritual...cup of coffee in the morning, daily walk, Saturday morning bike ride.....why can't we make prayer one of them?

Challenge yourself in Lent to start, renew, or go deeper in a DAILY prayer routine.

Need some inspiration? Light a candle and in Metanoia Video - Episode 5, Fr. Dave shares his own challenges and ways to pray.

Looking for a prayer tool?

The Diocese of Orlando has introduced us to Hallow and the #Pray40 Challenge. Hallow is a Catholic prayer and meditation app with guided prayer and audio meditations and Scripture: <https://hallow.com/>



Hallow × The #1 Catholic prayer & meditation app

Pray every day this Lent

Join the #Pray40 Challenge

hallow.com/pray

-  Daily Gospel, Rosary, & Examen
-  Praylists & Family Content
-  Bible Stories & Sleep Content

All the classic Catholic prayers, plus over 3,000 audio-guided meditations, homilies, reflections, and bible studies

Curated meditations on topics like love, joy, hope, humility, and discernment, plus prayers for all ages to pray together as a family

Close your day with an Examen, Night Prayer, or a Bible Story from guests like Fr. Mike Schmitz, Matt Fradd, Emily Wilson, and more